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Out for a paddle

Clare Farley looks to shore, as she paddles to stay in place while kayaking at the Whitewater Preserve on Thursday, July 9. Farley was staying at her cottage and visiting from Ottawa. /DARREN LUM Staff

AH to consider shortterm rental regulations

by CHAD INGRAM

Times Staff

Algonquin Highlands council will consider the creation of a bylaw to regulate short-term rentals within the the township, with the municipality undertaking an associated public consultation process before any such bylaw is passed.

Councillors discussed the issue for about an hour and half during a special meeting held July 10, that meeting taking place via online conferencing platform Zoom and broadcast on YouTube.

The township is undertaking a review of its zoning bylaw, and, as planning consultant Greg Corbett noted, currently its official

plan contains no specific provisions dealing with short-term rentals, which have become increasingly popular in recent years, often advertised through the internet. Corbett said the township has received a number of complaints about short-term rentals, as well as inquiries questioning whether or not they are permitted. He also noted that in many cases, renting a property out on a short-term basis allows property owners to carry that property in general, helping to offset expenses such as property taxes and maintenance.

"It allows them to maintain it," he said.

A number of municipalities have begun to look at the regulation of short-term rentals within their borders, with some establishing bylaws. Notably, the Town of the Blue

see TOWNSHIP page 2

Two fires south of Minden

by CHAD INGRAM

Times Staff

Dry conditions gave way to two fires south of Minden on July 10, which were brought under control during the weekend.

One of those fires occurred on Sugar Island on Gull Lake, with firefighters arriving by helicopter on Friday afternoon. The Sugar Island fire reached a size of 0.1 hectares and has been extinguished, the Ministry of Natural Resources and Forestry confirmed to the *Times*.

Another fire, confirmed on the afternoon of July 10, was active along the shore of West Moore's Lake, north of Norland. That blaze reached size of one hectare, and according the MNRF, as of July 13, had been brought under control and was no longer spreading.

With precipitation in the area, the forest fire hazard as of Monday was low, the ministry said. As of Monday, there remained four active wildfires within the MNRF's Northeast Region, all of which were under control or being observed, according to the ministry.

A total fire ban – meaning no burning any time of the day – remains in effect across Haliburton County.



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- \$59,900 Hwy 118, 361 Ft Fr., 5.36 Ac. Adj.

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Township will gather public input

from page 1

Mountains established a policy governing short-term rentals in its official plan in 2009. That policy was subject to an Ontario Municipal Board appeal, which was ultimately dismissed, with some tweaks made to the regulations. The Town of the Blue Mountains' policy designates certain areas where short-term rentals are permitted, stipulates that owners must acquire a licence through the municipality, and abide by other requirements including occupant load maximums, a site plan, and separation requirements. The framework also entails a demerit point system, whereby owners earn demerits for infractions such as noise complaints. However, Corbett added that demerit system has also caused some complications, since appeal processes need to be undertaken if a property owner disputes the validity of a complaint.

"They're learning by fire, and they're looking at doing some changes, potentially," Corbett told councillors.

Locally, within the County of Haliburton, most of its other lower-tier municipalities have begun some form of discussion or consultation regarding the regulation of short-term rentals. The Municipality of Highlands East had developed a task force, conducted surveys and held public meetings on the issue going back to 2018, however, no policy has been put in place. The Township of Minden Hills had also had discussion and undertaken a survey and the Municipality of Dysart et al had plans to undertake a similar process. Corbett told councillors it was his understanding the COVID-19 pandemic had delayed some of that work.

Managing a licence system and complaints for short-term accommodations requires municipal staff, and Corbett said that in the case of the Town of the Blue Mountains, it has one staff person for about every 100 rental licences.

A list of some known short-term accommodations within Algonquin Highlands totalled just less than 100, with Mayor Carol Moffatt noting that number was actually higher, since not everyone advertises on the internet and that some rentals are conducted just through word of mouth.

"So, there is definitely a cost involved," Moffatt said, asking Corbett if he thought the regulations in the Town of the Blue Mountains was working for that municipality

"As with everything, there have been some plusses and minuses," Corbett said, adding that while the licensing system seems to work well, it's been dealing with challenges to noise complaints that seem to be an obstacle.

All in, including the OMB hearing, Corbett said the creation and enforcement of its short-term rental regulation has



To me, it feels a bit like trying to nail Jell-0 to the wall.

— ALGONQUIN HIGHLANDS MAYOR CAROL MOFFATT





cost the Town of the Blue Mountains about \$1 million.

Moffatt noted that many short-term accommodations have owners and renters who play by the rules and don't cause any issue, but that in other cases, there seem to be repeated instances of complaints.

"Some of those bad actors are the landlords," she said, adding that there are some cases of absentee property owners who don't seem concerned about the complaints their rental properties are generating. "It's the behaviour of those renting it. It's the behaviour of people."

Moffatt said the township can't pick and choose which properties it deals with, and must create a policy that is consistent across the board. "To me, it feels a bit like trying to nail Jell-O to the wall," she said.

However, Moffatt, and most other councillors, were supportive of at least doing something at the municipal level.

"I'm interested in hearing public opinion," said Councillor Lisa Barry, who added she'd need to hear more before agreeing that the township needed to go to the length of a separate, formal bylaw dealing with short-term accommodations. Councillor Jennifer Dailloux owns a lodge in Oxtongue Lake and recused herself from the conversation.

The majority of council favoured the concept of exploring official plan/zoning amendments along with some sort of licensing system for short-term accommodations, and Deputy Mayor Liz Danielsen said she was interested in the demerit point system used in the Town of the Blue Mountains.

There will opportunities for public consultation – both a survey and public meeting whereby residents could participate by telephone were mentioned last week - and Corbett will be bringing further information back to council regarding a draft policy and public consultation proposal.



Firefighters arrive on Gull Lake

This photo, taken on Gull Lake by Greg Narbey in the afternoon on July 11, shows "a fire department helicopter touching down on a rocky outcropping on Gull Lake dropping off firefighters who had just knocked down a fire on Sugar Island," Narbey said.

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COVID losses exceed \$3 billion in eastern Ontario

by CHAD INGRAM

Times Staff

As of the beginning of June, the estimated economic losses created by the COVID-19 pandemic in eastern Ontario totalled more than \$3 billion, with the equivalent of 80,000

During an online meeting in June, members of the Eastern Ontario Leadership Council heard a presentation from members of consulting firm Limestone Analytics regarding economic projections stemming from the COVID-19 crisis. Among the partners of the council are the Eastern Ontario Wardens' Caucus, of which Haliburton County is a part, the Eastern Ontario Regional Network (owned by the EOWC), and the Eastern Ontario Mayors' Caucus. The firm's roster includes a number of economics professors from Queen's University.

From February until the start of June, "We are looking at a hit of approximately \$3.1 billion to the economy of eastern Ontario," Bahman Kashi, founder and president of Limestone Analytics and adjunct faculty at Queen's, said during the webinar. That lost gross domestic product entailed the loss of 80,000 full-time equivalent jobs.

"A share of this is jobs that are actually no longer there, and a portion of it is people just working less hours," Kashi said. The tourism sector has been hit hard, with some 23,000 of those 80,000 FTE job losses in food provision, accommodation and retail. The firm's projections, which are based on a continued, phased re-opening of the economy by the provincial government, include losses for eastern Ontario by the end of the calendar year totalling between \$6.8 and \$8.1 billion, the difference based largely on the tourism sector's ability to recover.

A change in consumer behaviour means spending on travel, recreation and tourism is down, and this decrease creates ramifications for other areas of the economy.

'Their projections will also have implications on the projections of other sectors, because people may be spending elsewhere, or the inputs that would be purchased from other

sectors may not be purchased," Kashi said. "So, the impact will be felt by other sectors, too.'

Proportionally, eastern Ontario has actually fared better than the province at large.

"There is less manufacturing," Kashi said, adding that manufacturing took a huge hit near the start of the pandemic so areas that rely heavily on manufacturing, such as some west of Toronto, subsequently took a sharp economic dive. Eastern Ontario's industrial composition, with many jobs in the financial services, for instance, is such that it is has allowed it to remain less affected than other regions of the province.

Kashi said that a diversification of sectors in general can create at least some degree of resiliency in a regional economy. "This pandemic gives us some measure, so we can use this pandemic and look at how different regions have been impacted . . . and then try to see if we can explain that based on some parameters."

The firm's projections for Ontario as whole include lost GDP by the end of 2020 of between an estimated \$89 billion and \$107 billion, again dependent largely on the tourism sector's ability to rebound.

In response, the EOWC is proposing a new gigabyte project to enhance fixed broadband internet connectivity throughout the region.

"COVID-19 had exposed the serious lack of internet access and capacity for rural residents and businesses across eastern Ontario. EORN and the EOWC are proposing a new fixed broadband project that will be capable of delivering speeds of one Gbps (gigabit per second) for up to 95 per cent of the homes and businesses across the EOWC region," reads a release from the EOWC. "EORN is ready to work with the federal and provincial governments, as well as other key stakeholders in order to move the project forward quickly.

That project would be in addition to the EOWC's \$213-million cell gap project, which seeks to fill all existing gaps in cellular broadband connectivity throughout the eastern portion of the province with the construction of new communications towers. A request for proposals was recently released for that project, which is expected to take



This pandemic gives us some measure, so we can use this pandemic to look at how different regions have been impacted.

- BAHMAN KASHI, LIMESTONE ANALYTICS



about four years to complete.

Members of the EOWC have been meeting with federal MPs to discuss possible solutions to helping revive regional economies.

"The EOWC looks forward to continuing its work with the federal government in order to implement solutions that help local economies, reduce costs, and ultimately make changes that improve the lives of the people of Ontario, and across Canada," the release reads.

In light of the COVID-19 crisis, the EOWC has reframed a number of priorities, chief among them a review of municipal long-term care facilities.

"The EOWC is currently preparing an RFP in order to engage a consultant and looks forward to providing an update on the study findings in the coming months. This research will help provide a portrait of the 'situation on the ground' and better inform provincial ministries of the current municipal realities."

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Impacts to Health: Extreme temperatures and high humidity puts everyone at risk however, the risks are greater for young children, older adults, and people with chronic illnesses and/or on certain types of medications, people working or exercising outdoors and/or in places where heat is emitted through industrial processes and those without proper shelter.

Adverse health effects can occur as a direct result of exposure to too much heat such as heat cramps, heat edema, heat exhaustion and heat stroke.

Signs/Symptoms

Heat Cramps; Painful muscular cramps (usually in the legs or abdomen)

Heat Edema; Swelling of hands, feet and ankles Heat Exhaustion; Heavy sweating, weakness, dizziness, nausea, vomiting, fainting

Heat Stroke; Headache, dizziness, confusion or other altered mental state and fainting. Skin may be hot and dry, or the individual may be sweating due to high body temperature. This is a medical emergency that can prove fatal

The following protective measures and best practices will aid you in reducing the risk:

- · If you must go outside, find or bring shade to avoid being exposed to the sun, stay hydrated, dress in cool/ loose-fitting clothing, and take several breaks.
 - · Check on older family, friends and neighbors and be vigilant for heat related illnesses.
- · Bring pets inside and avoid leaving them in parked vehicles. Move livestock to sheltered areas with plenty of drinking water.

Extreme heat can alter road surface conditions. Heat can result in the expansion or buckling of roads, which can cause accidents or delays. Utilities are also susceptible to damage as the demand for electricity and water increases during periods with high temperatures and may exceed the supply.

Rolling blackouts and restrictions on water usage may be implemented.

Everyone has the responsibility to be prepared:

- · Carry an emergency car kit and a mobile phone.
- Prepare a 72-hour emergency kit in the event that there is a power outage or other impacts to critical infrastructure.
- · Continue to monitor local forecasts for public weather alerts and exercise appropriate caution if you must go outside and/or travel.



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SUMMER RECYCLING

Now that summer is here, please remember that camping fuel cylinders are not recyclable and should never be placed in your blue box. Please bring these to a hazardous waste event.

COUNCIL MEETINGS

As a result of the COVID-19 (Coronavirus) outbreak, all Council and Committee of the Whole meetings will be conducted virtually via web conference; and Closed Session meetings via teleconference, until further notice.

Meetings are held virtually, starting at 9:00 AM in the Minden Council office 7 Milne Street. The schedule of upcoming meetings are:

July 30 - Regular Council Meeting

August 27 - Regular Council Meeting Please note Council Meetings are reduced to one meeting a month in July. August and December.

During this unprecedented time, the health and safety of our community is of paramount importance. Members of the Public are invited to observe Council proceedings by joining a live-stream link available on the township website at www.mindenhills.ca/ council/ or by using the direct link provided in the notice. We encourage those wishing to view the meeting to also download the agenda, as it will not be displayed during the streaming process. Meeting agendas can be downloaded by visiting our website

at www.mindenhills.ca/council/. Please note the live-stream link provided for each meeting will only be activated while Council is in session.

Minister's visit promotes local tourism

by DARREN LUM

Times Staff

Ontario Minister of Tourism Lisa MacLeod had nothing but good things to say about the Highlands as she walked through the Haliburton Sculpture Forest last week as part the "Reopening Ontario Tour."

"It's a perfect mix of nature, art and heritage and it just has an abundance of beauty and meaning. I'd come back for sure," she said.

Although the minister confirmed there will be a delay to the expected announcement of \$350,000 funding for tourism marketing for this region as part of a \$13 million funding partnership with Destination Ontario and Destination Canada, local representatives remained optimistic.

MacLeod said she loved the Welcome to my Ward concept and plans to take it and share it with other communities that could benefit.

Welcome to my Ward is an initiative of Dysart et al's COVID-19 recovery committee featuring councillors promoting their ward, highlighting points of interest, boat launches and parks, websites for lake associations and businesses.

"With initiatives like that, a little money goes a long way

incewide and so we're looking at that and it's only been five minutes," MacLeod said as she walked through Glebe Park.

Dysart et al Mayor Andrea Roberts said she welcomed the opportunity to have the concept shared.

"I'm thrilled. I imagine a lot of communities are doing the same thing. We just have a really catchy name, but it's also from a personal experience. I started to walk trails more right here in Dysart. I started to put my kayak in some boat launches that are 15 minutes away from my house as opposed to thinking I have to go far away to travel," she said.

Roberts said this mindset is in line with what the minister called "hyper-local staycations."

She welcomes more funding from the province.

MacLeod said the challenge for recovery is the "social crisis" facing society.

"Will people feel comfortable again to get out and circulate not just in their own community, but across the province? So we're really trying to focus on that and demonstrate, as the three of us today [are doing], showing we can safely take in a trail. A trail I'd never seen before with natural beauty and history as well as art all combined in what I think is a tourism attraction," she said.

She said the Sculpture Forest is a prime candidate for a promotional video to draw prospective visitors.

After her tour of the Sculpture Forest, the minister visited

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We've got lots of beautiful things to enjoy and the tourism industry has been hurting and this helps to promote it.

— COUNTY WARDEN LIZ DANIELSEN

the Minden Whitewater Preserve on Horseshoe Lake Road in Minden. Her visit included a short talk about the facility and she spoke to high-level whitewater paddlers, who were showing their skills on the rapids.

Haliburton County Warden Liz Danielson said she was disappointed by the delay in funding, but appreciated the visit and opportunity for promotion for the area.

"It's always a good idea to promote the area, particularly during these times to have some promotion and understanding: 'Hey, you can get out and enjoy things.' We've got lots of beautiful things to enjoy and the tourism industry has been hurting and this helps to promote it," she said. "Am I disappointed that there is no funding announced? Yes. But we've been assured that there will be funding to the area. It's just that now we could probably use it."

The municipal politician credited tourism staff with organizing the tour and said the tour allowed her to see freestyle kayakers ride and negotiate the rapids for the first time.

MacLeod said appealing to Ontario residents to travel in their own province is called "hyper-local marketing."

"Hyper-local marketing means please go back out to your local farmers' market. Please come down and visit your local waterways. Please come out and visit your local trails, like your forest sculptures. Take a trip to a local patio. Join people together at your local ice cream shop," she said. "It's safe to do so, otherwise the chief medical officer of health would have said no. And so we're trying to demonstrate here that you do not have to leave your community to have an impeccable summer vacation. You can go out. You can stay at home. You can stay at one of your local hotels or resorts or a cabin, but it's safe to do so right here in this community. Why wouldn't you want to? I mean, if I could stay another week, I would."

Ontario's Highlands Tourism Organization executive director Nicole Whiting was also disappointed by the funding delay, but said the minister's intended return when the province is in Stage 3 of reopening brought her hope.

"In terms of the announcement, yes, it was disappointing, but we recognize it was really a logistical decision. There's still a commitment to providing [the] same funding the RTOs [regional tourism organizations] have received across the

Ontario's Highlands is the second largest region of 13 in Ontario and is also known as RTO 11, which includes Haliburton County, Renfrew County, and Lanark County, and portions of Hastings, Frontenac, and Lennox and Addington

This was Whiting's first trip away from her home region since the provincial shutdown started and she said it was great to travel and see how well operators and businesses are coping with the reality of COVID-19 protocols.

The effort is about getting people to broaden their view on travel ontions, which are closer to home

"We are very optimistic about that because we're already seeing it even before the marketing dollars are in place. I've talked to a number of operators that are saying they are very relieved to see the business coming in during the summer so that's very encouraging. We're going to try and keep that momentum going into the fall and I think it sets us up really well for 2021 as well," Whiting said.

One major attribute of the region is space to explore, which makes it easy to physically distance.

Motioning towards the Gull River at the Whitewater Preserve, Whiting said, "This is exactly what people are

see OUTDOOR page 5



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Outdoor adventures can alleviate cabin fever

from page 4

looking for right now. Like we can naturally social distance [here] ... get outside, move around rather than being cooped up. We've been cooped up for months. Whether it's whitewater kayaking, hiking, or biking, or just getting out on the water. We have so many opportunities to do that. I don't want anybody to be discouraged by the change of plans. Do not be discouraged. We are very much involved with those funding decisions. It's just a matter of time."

Municipal leaders said they were disappointed that expected funding was not announced during the visit, but they remained optimistic that money would be forthcoming. MacLeod said she was impressed with Dysart's Welcome to my Ward campaign, which highlights different parts of the municipality, encouraging people to visit their own community.

> Ontario Tourism Minister Lisa MacLeod, far right, speaks with kayaker Coleman Heaven at the Whitewater Preserve during her visit to the Highlands on Thursday, July 9. MacLeod also visited the Sculpture Forest and was in the area as part of a provincial tour to encourage residents to explore their communities, visiting and spending money while travelling to help the economy. /DARREN LUM Staff





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Masking up

S OF MONDAY, THE Haliburton Kawartha Pine Ridge District
Health Unit has mandated that face masks be worn within commercial establishments and indoor public spaces within its jurisdiction amid the ongoing COVID-19 pandemic.

This will continue to be the case after Friday, when Haliburton County and many other parts of Ontario enter Stage 3 of the provincial government's COVID-19 recovery process. In fact, according to the health unit,

"Although we have seen a decline in the number of COVID-19 cases in our area, we want to be sure we continue to see a decrease as we move towards the reopening of more businesses within the province."

Mandatory masks have been met with some

resistance, some espousing the view that it's somehow a trampling of their rights, an impingement of their freedoms. It's not, or at least not any more than any law that governs what most would consider our fairly civil society. Every single law is an impingement on individual freedoms in the name of the greater good. It's the social contract that governs our civilization. The law that says I can't drive as fast as I feel like impinges my freedom, as does the law that says I can't just walk into a store and steal whatever I feel like, or the one that says I can't slap you across the face with a glove if you say something outrageous.

Mandated face masks are a requirement from public health agencies to keep as many people as possible safe during an ongoing global health crisis. Yes, there has been inconsistent messaging on this during the coronavirus outbreak. At first we were told that it didn't seem they offered any benefit, but to wear one if it made us feel comfortable, and that message has since changed to say that wearing masks can help protect others if we are carriers of the virus. It's important to remember the global scientific community is still grappling with a new virus, and there are still many unanswered questions about how it operates, how long it can linger, re-infection, etc.

Many of us have already been

wearing face masks while shopping for some time. It might be a bit inconvenient, sure, but it's really not a big deal. There are also exemptions for those with certain health conditions, etc.

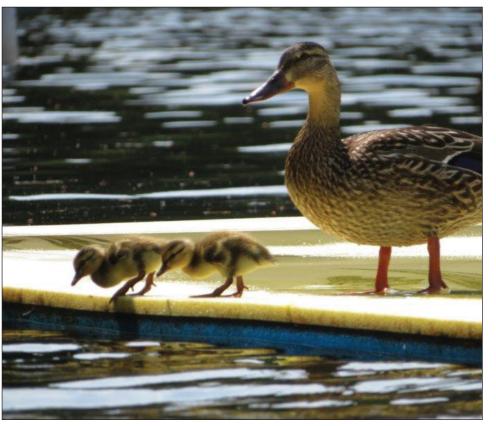
Also, please don't be a mask bully. That is, if you see someone

without a mask on, just assume they have a good reason and leave them alone. It's up to business owners, not you, to police that. We've been living with this crisis for four months now, are still a long way from the finish line, and many of us are tired, irritable and anxious. Getting into a confrontation with a stranger over face masks isn't going to be helpful for anybody.

Wearing a mask is easy and has potentially very beneficial effects, like not killing someone. You can also find some pretty styling handmade ones now, if you're so inclined. COVID-19 numbers in Ontario have been dropping for weeks, and we've certainly done a good job in the county, with just 10 confirmed cases in four months, all of them now considered resolved. Let's keep it going.



CHAD INGRAM
Reporter



Just ducky

A female mallard and her ducklings enjoy the yellow mat on Canning Lake. /Photo by Susan Wright

Some canoeing advice

S CANADIANS, we are so familiar with the act of canoeing that I sometimes think we forget the basics. This got me thinking that I have seen dozens of books on canoeing techniques and routes but scant few on the fundamentals.

I don't want to say that I am an expert on canoeing, but I will say that I have spent a least three weeks a year in a canoe for the last 45 years – much of it on the water too. With that in mind, here is some sage advice for anyone about to take up the pastime.

Fundamentally, to be a good canoeist you

need a situational awareness of conditions around you that surpasses that of a kid playing Call of Duty. Being aware of environmental conditions is key to canoeing safely.

Here's an example of situational awareness that could come in handy. Imagine you are canoeing on a hot, sunny day, and quite suddenly the precipitation gets so heavy

that you get soaked and can hardly breathe or hear the person yelling to you at the bow of the canoe. Additionally, fish seem to be jumping out of the water. Many people might think this is a brief sun shower that will soon pass and, due to inexperience, they will just try to ride it out. The experienced canoeist with situational awareness will quickly realize, however, that they flipped the canoe – and this realization can make a world of difference.

For one thing, it will mean that your lunch is soaked, which is never a good thing on any canoe trip.

Another thing that new canoeists have a hard time with is paddling with a partner. Sometimes this can be quite a battle, especially if you are both new at it. One of the

more common issues facing rookie paddlers is that they are not making much, if any, progress. Some blame poor paddling muscles or sloppy technique but most often the issue with attaining better speeds can be settled easily, by having both paddlers face the same direction. This is also a great tip to remember if you have been trying to navigate the same 50 metre portage for any more than three hours.

Speaking of technique, almost all canoeing books will tell you to do the J-stroke. But none will tell you that you do should

not do that stroke using cursive writing. You're welcome.

Lastly, and perhaps most importantly for the new canoeist, is this. When paddling with an old timer, he will probably place you in the bow of the canoe. This is for your own good. For with that person in the stern and you up front, he or she will be able to critique your paddle stroke, point out safe routes and steer appropriately with the

wind and the waves in mind.

This critiquing will be annoying at first, as it is often a constant stream of criticism, but eventually as you get better, you will hear less and less from your mentor at the stern. I remember this happened on my second time canoeing.

Right from launch at the dock to mid-lake my mentor remained silent and I took great pride knowing that I had finally learned everything there was to know about paddling a canoe. Finally after doing a lengthy loop around the lake I eased the nose of the craft silently along the dock and he took that moment to utter only one small bit of advice.

"Next time," he said, "wait till I get in the canoe."



STEVE GALEA *Beyond 35*

INOTHERWORDS

Columns and Letters to the Editor

The water lily's lesson

THE PLEASURES of summer are numerous, but one of the best is passing a pond or lake edge where water lilies have made their

These plants, with their large, flat floating leaves, are in bloom. Their dazzling white star-shaped flowers with golden centres provide a snowy coolness on summer days that have become far too hot.

It's not just the beauty of the water lily blooms that catches our attention. There is no shortage of blooms at this time of year. Roadside daisies, thistle, milkweed and many others have blooms that brighten the summer landscape.

Water lilies are extra special because they offer a lesson about living. It's an important lesson in these times of pandemic and the changes it is bring-

ing to our lives.



JIM POLING SR. From Shaman's Rock

These plants have developed what scientists call evolved adaptations; special characteristics or traits that allow them to live in abnormal environments.

Their broad floating leaves, and the stems that support them, have wide air spaces to hold the carbon dioxide and oxygen needed to make the plant's food through photosynthesis. Those unusually large air spaces provide buoyancy that holds the flowers and leaf pads on top of the water where they can collect sunlight and allow pollination by insects and wind.

The lily pads are like solar panels that capture the sunlight needed to provide energy to the plant.

The flowers open into a bowl shape when touched by the sun, and close when it begins to disappear. The petals fold over themselves when they close, making them watertight, another neat adaptation.

These adaptations, evolved over centuries, have allowed the water lily to live productive lives in an unusual environment.

Water lilies are not just pretty. They can be useful to humans and some

Parts of the water lily are edible. Their raw leaves can be chopped and added to soups. The flower buds can be cooked or pickled. Seeds from the flowers contain protein and oil and can be ground into flour.

Various societies have found medicinal uses for water lilies. The plants contain gallic and tannic acids, often used in the pharmaceutical industries. Parts of the water lily have been used in poultices, eyewashes, gargles and for a variety of minor ailments such as upset stomach.

Moose are regular users of water lilies and other aquatic plants and can be seen at this time of year standing in ponds, slurping water lily pads. They are an important part of a moose diet because they have sodium content higher than woody vegetation and moose require sodium.

Moose will dive to get at parts of plants growing beneath the water surface. Their large nostrils act as valves that keep water out when they go underwater. Moose are believed to be able to dive as deep as six metres.

The lesson of the water lily is that to have a productive life that helps others you need to be able to adapt to changing conditions.

We can't quickly change the physical aspects of our bodies. That's an evolutionary process that takes centuries.

We can, however, change our thinking and our ways to adapt to a world being altered by a changing climate, increased population densities and more new diseases.



Water lilies are seen in this photo taken south of Dorset. /JIM POLING Special to the Times

Fighting fires and town water

letters to the editor

I am writing this to you so that all the taxpayers in Minden Hills will know my questions and concerns. This evening there was a fire at Scotch Line landfill and as usual and as expected our Minden fire department was right on the job and for that and all their services we are very appreciative. My concern is the cost of fighting this fire; not so much the equipment and manpower as the water supply.

All Minden residents are paying for town water supply and expect it to be available to supply our basic needs as well as through the fire hydrants so strategically placed about town for fighting fires in town. As town water users we have been advised time after time that the more water we use the greater the costs to supply. Each household has had or apparently supposed to have had a meter installed to monitor water consumption and pay a basic fee AND if you go over a set number of litres you must pay more

My questions are; 1) Who keeps track of the water used for fires outside of town when the fire tankers are filled load after load from town fire hydrants? 2) How are the taxpayers who pay for this water helped to offset these costs? 3) Why can't the water for these fires come from the river (no further to river than hydrant at Fleming Road and Bobcaygeon road; and large hill to go up either direction)? 4) Why use treated water at a cost to everybody when natural water is no farther away and does not have those extra treatment or water tower storage costs or pumping costs? Just wondering as our fire chief and many or most of our fire department members may have never thought of it or may not be on town water which does cost a fair penny to taxpayers and more to users. Just asking and thank you.

> Richard (Dick) Schell **Minden Hills**

The right way

THEN I FIRST started this personal training gig 15 years ago everything I was taught and that I taught was all about form. When the term "functional fitness" was used it referred to doing things like rolling out on a ball instead of using a bench to do a bench press. Or standing on one foot to do a shoulder press or bicep curl. The idea was many more muscles were recruited to get the task done compared

to being stable (using a bench or standing on two feet or other exercise machines). The result was improved balance and stability. That was great, and that was then. Now agility has been added to the equation and it's all about movement.

The human body is made up of 650+ muscles, 206 bones and 360 joints. Physical health is about using all of those parts in

various combinations as much as possible. The fitness industry is finally catching up with common sense. There are many more fitness classes that are teaching movement as a form of exercise. It is rather ironic that we've become so disconnected from our body that we need to be taught how to use it.

The beauty is that there is no one right way to move. There is definitely a wrong way. I would define that as any movement that results in an injury. It is that simple. No one knows your body better than you do. You're the one who has been living it all of these years.

I know from experience about not wanting to do a movement for fear of hurting myself.

I have since learned that if I start slowly and I'm consistent at doing the movement regularly I can improve a range of motion that has been restricted for years. Right now, I am working on kneeling so that I'm sitting on my heels. I've been at this for a month. I'm not quite there yet, and it is anything but comfortable. Every morning I work at it for a minute. I'm starting to see and feel the difference. As I do this I don't think about my

form or if I'm doing it the right way. I do think about where I am tight and how much more I can tolerate. There's no counting or adding resistance. It's just doing.

All my years of cycling (and sitting) have left me with tightness in my hips and quadriceps. This has caused periodic pain in my knees and lower back. Kneeling is helping to keep the pain away.

I am always trying to find ways to move differently. Walking sideways or backwards. Using the bear walk to get across the room. Trying to get up from sitting on the floor without using my hands. Trying to get down to the floor without using my hands and without bruising my butt. That's a tricky one.

There are tons of opportunities in our day to increase movement. Increased movement means increased mobility. A mobile body is a happy body. That just makes sense.

Something to think about.

Laurie Sweig is a certified personal fitness trainer and spinning instructor. She owns and operates The Point for Fitness. She can be reached at laurie@thepointforfitness.com.

Jr. Book of the Month - July

LAURIE SWEIG

Practical Fitness



Every You, Every Me by David Levitha

In this high school-set psychological tale, a tormented teen named Evan begins discovering a series of unnerving photographs—some of which feature him. Someone is stalking him . . . messing with him . . . threatening him. Worse, since his best friend Ariel has been gone, he's been unable to sleep, spending night after night torturing himself for his role in her absence. Evan's even starting to believe maybe Ariel is behind it all. But the more the mystery unravels, the more Evan's paranoia and insomnia amplify, and the more he starts to unravel himself. Creatively told with black-and-white photos interspersed between the text so the reader can see the photos that are so un-

nerving to Evan, Every You, Every Me is a one-of-a-kind departure from a one-of-a-kind author. If you want something a little darker to contrast the bright summer

heat, check out this ebook from the Haliburton County Public Library's website today.

As more businesses and services reopen, and with social gatherings increased to 10 people, we all must continue our efforts to protect each other.



Practice physical distancing, stay two metres apart.



Wear a face covering when physical distancing is a challenge.



Continue to wash hands frequently.



Get tested if you are worried you may have COVID-19, or have been exposed to the virus.

Inside or out, stay safe. Save lives.

County to enter Stage 3 Friday

by CHAD INGRAM Times Staff

Haliburton County, along with most parts of Ontario, will enter Stage 3 of the provincial government's phased COVID-19 recovery process as of 12:01 a.m. this Friday, July 17.

Premier Doug Ford made that announcement during his daily press briefing on July 13.

Numbers of daily new cases of the virus have been on the decline in the province for about five weeks, with 116 new cases confirmed Monday, and remaining active COVID-19 cases throughout Ontario just below 1,500. There have been some 2,720 deaths from the virus in the province, with nearly 33,000 recovered cases.

"Our success in reducing the spread of COVID-19 and getting Ontario to a place where we are ready to reopen most of the province is a testament to the hard work of business owners, individuals and families right across the province," Ford said in a press release. "So many have stepped up and played by the rules, demonstrating that we can restart our economy safely and responsibly. Small actions can make a big difference. Now more than ever, we must continue to follow the public health advice to preserve the progress we have made together."

Stage 3 will allow most types of businesses to re-open with physical distancing protocols in place, including dine-in restaurants, bars, casinos, gyms and recreational facilities.

"Almost 99 per cent of the local econ-

omy will be available to re-open," said Finance Minister Rod Phillips during Monday's press conference.

"We may be in Stage 3 for a while, but our economic recovery has already started," Phillips said.

The number of people permitted at a gathering will increase from 10 to 100 for an outdoor gathering, and 50 for an indoor gathering. Physical distancing of two metres is to be maintained between people at these gatherings. Social bubbles - groups of family or friends with whom close contact is made - is still not to exceed 10

"Public gathering limits apply to indoor and outdoor events, such as community events or gatherings, concerts, live shows, festivals, conferences, sports and recreational fitness activities, fundraisers, fairs, festivals or open houses," reads a press release from the province. "A two-metre distance must still be maintained at such events.'

Locations such as amusement and water parks, buffet-style food services, karaoke rooms, overnight camps for children, saunas and steam rooms or gaming tables at casinos are still deemed too high-risk to reopen in Stage 3. Dancing at restaurants and bars remains prohibited except by hired performers following specific requirements.

The province's most urban areas, including Toronto, York Region, Durham Region, Niagara Region, Halton, Hamilton and Windsor-Essex, will remain in Stage 2 for the time being. The provincial government will be providing updates each Monday about which regions may enter Stage 3.

Green Burial Society receives HCDC funding

The Haliburton Highlands Green Burial Society has received a grant of nearly \$5,000 from the Haliburton County Development Corporation through its 2020 Local Initiatives Program, which the society will use to upgrade its website to provide a complete array of endof-life planning supports for individuals and families.

"Whether you're looking for information about the legal rules surrounding death and dying, to help with doit-yourself funerals, to the location of green burial cemeteries, the HHGBS website will be a one-stop resource destination for links to everything you need to know," Terry Moore, president of the green burial society, said in a press refease.

"We'll be strongly encouraging website visitors to consider choosing a 'green burial' over more conventional high-carbon forms of disposition such as cremation and burial practices that come with a large environmental footprint," Moore

said. "The HHGBS will also be providing a lot of information that anyone looking for end-of-life information, green or otherwise, will find useful.'

Green burials aim to remove barriers preventing the body from being absorbed as quickly as possible into the soil through the use of simple biodegradable wooden caskets or cloth shrouds, the elimination of embalming chemicals and concrete burial vaults.

The Haliburton Highlands Green Burial Society was established in November of 2019 and is currently focused on encouraging the four townships in Haliburton County to create year-round green burial sections within their already established cemeteries.

Information on becoming a member or making a donation to the society can be found on the current website at haliburtongreenburial.ca, and on their Facebook page: https://www.facebook. com/HaliburtonGreenBurialSociety.

Visit ontario.ca/coronavirus Paid for by the Government of Ontario



Fun facts about turtles

by MONIKA MELICHAR

Special to the Times

Turtles, turtles, rah rah rah ... ohhh, I love turtles!

There are eight species of turtles native to Ontario, and all of them are now federally listed as a species at risk. Amazingly, one third of Ontario's entire turtle population finds this region the perfect habitat to live in! We are so fortunate to have seven species of them living right here among us. That's why it is so very important that we protect these gentle dinosaurs.

Turtles wake up from hibernation sometime in late April/early May and are at their busiest during the first two weeks in June, especially around the full moon. This is the peak time for females travelling to their regular nesting sites. It is also the most dangerous time, as many are crossing roads to lay their eggs.

Incubation times vary depending on the weather conditions, but the eggs generally hatch in late summer or early fall. If they do hatch, the tiny newborns face huge lifethreatening challenges, and only one in 100 make it to adulthood.

We all know that turtles can live a long time, but it also takes a long time for them to mature to breeding age ... up to 15 years!

This means that it can take 60 years for one adult snapping turtle to replace itself in the population. Yes, 60 years!

Like us, turtles love living here in the Highlands, it's a beautiful place to call home. However, our roads get busy with traffic and too many turtles are paying the price. Do slow down and be on the lookout for turtles crossing the roads. If it is safe, steer around them, but avoid straddling larger turtles with your car, especially snappers. Their instinct and first defence is to rise up on all four legs, swing their heads up high and snap. They will be hit by the undercarriage of your car and sustain severe head and carapace injuries. If you can, and only if it is safe for you to do so, help a turtle to cross the road. Safely pull over and don't forget to put your emergency flashers on. You can pick up and move turtles off the road, but make sure to transfer them in the direction they were travelling; otherwise, they will just turn around and cross the road again.

Young snapping turtles can also be picked up by their shell. Keep in mind though, that their heads can swing back up to three-quarters of the length of their body, so only pick them up from the rear end, facing away from you. I prefer to grasp the base of their tail, close to the body and use my other hand to slide underneath them, and then lifting them up, with most of their weight being on their plastron, or belly. This way I can safely keep them immobilized and they really cannot argue with me. Some people find carrying a

plastic tote in their cars proves helpful. That way they can scoop the turtle into it, and if needed, it can be an excellent transport box, even for other injured wildlife.

Here some quick facts that you may not know about our turtles:

Their top shell, or carapace, is like hardened layers of skin and lined with sensory neurons, so they can actually feel you touch-

Did you know turtles could freeze solid and live to talk about it? They have just enough stored antifreeze to survive if caught off guard, but only once in their lifetime. Some will freeze as hatchlings while still in the nest, before they emerge, and that is why sometimes you will see newborns in the early spring.

When hibernating, turtles do not bury themselves in the muck at the bottom of the pond, but rest and sleep in a safe area where the water circulates, as they must breathe through their cloaca, or posterior orifice.

Speaking of breathing, did you know that the lungs of a turtle are located directly underneath the shell? If their carapace has a crack, and water should seep in, there is a chance that they may drown. Therefore, only house injured turtles on damp towels, never in water. If you need more info, Leora Berman runs a wonderful organization called The Turtle Guardians, located beside the Fish Hatchery in Haliburton, and can help. Their phone number is 705 457-1222

If you find an injured turtle, we are here to help so do bring it to our sanctuary. You would be surprised how resilient these amazing reptiles can be.

Monika Melichar runs the Woodlands Wildlife Sanctuary in Minden Hills, a volunteer-based charity that rehabilitates and releases sick, orphaned and injured wildlife back into the wild. To find out more about the sanctuary, go to woodlandswildlifesanc-



Of the eight species of turtles native to Ontario, seven of them live in this region. The Blanding's turtle, seen here, is considered a species at risk. / Photo courtesy of Monika Melichar





Haliburton puzzle makers find the missing piece

by DARREN LUM

Times Staff

The Occurence is putting Haliburton on the map – or make that on a puzzle – with its latest release, The Haliburton Fishermen's Paradise, a mural by the same name that was painted by Fred Ayers in 1962 for Haliburton County

Few people seemed to know about the mural/map of the county, which is located in the stairwell inside the county's land registry office in Minden.

The map is broken down into the former townships such as Snowdon, Anson, Lawrence and Bruton and includes an artistic representation of the local wildlife set against waves of water.

Owned by Minden couple Brigitte Gall and Michael Bainbridge, The Occurence is a puzzle making factory and retailer located on Industrial Park Road in Haliburton.

Gall said the 504-piece puzzle promotes the Highlands and informs people about a hidden treasure.

"It's a pictorial snapshot of history, right? It was painted in 1962 by Fred Ayers. So in '62, Highway 118 stopped. There's no Carnarvon. A lot of these lakes are part of the lake chain because of the dams, but here they're separate. A lot of the lakes have different names now. So it's really cool," she said

Gall was intrigued by the mural when she first saw it and appreciates being able to introduce it to people.

"That was part of the reason to do it, as it is a gorgeous hand-painted mural that sits in the land registry office that nobody will see unless you're going and [with COVID-19] now everything is online," she said.

Gall said part of the agreement with Haliburton County to be able to produce the puzzle of the mural was that a portion of each sale goes to support the Artists in the School and Community program through the arts council.

Using its puzzles, The Occurrence is promoting points of local interest such as minerals and artists. Painter Wendy Wood of Minden will have her work turned into a puzzle.

"We're working on really building out and rounding out the offering," Bainbridge said.

They're open to taking custom work requests. One custom job they have is to produce puzzles for a fundraiser since the conventional in-person fundraising events are not acceptable with COVID-19.

The Haliburton County mural puzzle wouldn't have been possible without their re-

cently acquired die-cutting machine sourced from Montreal. It is five times as strong as their affectionately named "WALL-E" die-cutting machine, which didn't have the power to cut 500 pieces and is now replaced by the more powerful "EVE," both named for the characters from the popular Disney animated feature *WALL-E*.

"We couldn't do anything bigger than 200 [pieces]," Gall said. "Now we can do 500. We're going to do 1,000. We can get the bigger dies. The bigger dies require more power to push through."

The goal is to have 1,000-piece puzzles, but building the stock of 500-piece puzzles comes first

Although production has been increased, the couple said they're catching up and will be updating their website, www.theoccurrence.ca, to reflect what is available.

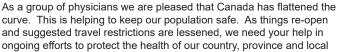
Bainbridge said this die-cutting machine will also allow them to fulfill orders with retailers and offer wholesale pricing.

"When we first started this and we were outsourcing the manufacturing we didn't have the margins to be able to give them to anybody else," he said. "Everybody was asking, 'Can we sell them at our store?' We'd love to, but we can't. But now that we have the machine, we have the margins now to finally be able to offer wholesale pricing."

In an eight-hour shift, the puzzle makers

see PANDEMIC page 11

Haliburton Docs Talk: Summer in Haliburton 2020 Medicine and COVID



community. COVID-19 remains dangerous and there are many unknowns about this illness including its long term effects. Ongoing care and precaution to avoid the spread of this illness are needed.

Here's how you can help..

- Recognize that yes, things are reopening but that they can not yet return to normal
- The cautions and precautions we all take will together help things stay more 'open'
- Physical distance (> 6 feet between people)
- Wear a non-medical face mask or face covering in public spaces/stores
- Please recognize that our local health care system is working full tilt to continue to
 provide all the level of protection needed to our patients during this time. This is
 necessary but puts strains on all health care systems. Please be patient with the
 changes in processes involved
- To keep things safe for our patient's medicine needs to operate differently from how it did in the past. Primary care appointments will start on the phone and be in person only when needed. Much is now done virtually for your own protection. If you need to be seen, you will be screened to determine the safest place for you to be assessed.
- We may be mighty but we are a very small team and do not have endless capacity for the usual summer surge of primary care needs given the other COVID related responsibilities involved in health care during this time period
- Naturally please do use your closest emergency room for your emergent health care needs, calling first if you have symptoms concerning for COVID-19
- For non emergent health care needs please call your own family doctor (all doctors are now supported and encouraged to be offering virtual medicine by way of phone or computer connections)
- If you need a prescription renewal only many pharmacists, for many medications, can extend your prescription until you can reach your primary care provider

Please keep in mind we are a small hospital with no specialists, no ICU, only transport ventilators and we are over an hour in any direction to a larger care centre such that if you become sick with symptoms of COVID-19 then returning to your primary residence closer to a tertiary care centre which can be accessed if things worsen may be an option you want to consider if you are well enough to travel and have a way to remain self isolated as you return

Self-isolate for 14 days after travel outside of Canada

Self-isolate and call a health unit if you have a known contact with someone with COVID-19

Self-isolate if you have any symptoms of COVID-19. You can use the Ontario online self assewssment tool, call your doctor or TeleHealth and book in at an assessment centre for COVID-19 testing

If travelling from a region with higher rates of COVID-19, or if you have no known contacts but you are concerned about your possible exposure risk for any reason, please consider curbside pick up of groceries and avoiding public places for 14 days

Please do not go shopping or to any store/public place or gathering if unwell. If you need something while you are feeling sick please check out our local supports at https://www.haliburtoncares.ca

Follow provincial guidelines as they evolve around re-opening and limiting gatherings to certain sizes etc...

This summer will hopefully have some great weather and outdoor adventures for all our residents and visitors. Enjoy and please do join us in these communal efforts to keep our population safe and healthy.

Dr. Judy Suke on behalf of The Physicians of the Haliburton Family Medical Clinic

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SUDOKU



Fun By The Numbers

Like puzzles?
Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Beginner

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Answers on page 13

Puzzle makers Michael

Bainbridge, left,

and Brigitte Gall

are riding a high

grown with more

puzzles during the

pandemic, Based

as sales have

people doing

in Haliburton

Park Road, The

designing and

puzzle, which

producing each

makes it the only

Canadian puzzle

everything in the

country, the couple

company to do

said. /DARREN

LUM Staff

Occurrence does everything on site,

on Industrial

Pandemic expands puzzle popularity

from page 10

will be able produce 100 handcrafted puzzles on the new machine. Other than their Haliburton location, the puzzles can be purchased at The Hot Shop by Artech Studios in Tory Hill.

The Occurrence, which was founded in 2018, has been given a boost with more people wanting to do more at home.

Gall said she's seen customers leave with five puzzles at a time.

Some have said they want something outside of a screen as a form of entertainment

"People are tired of being on their screens. Everybody is done. They're digitized out. There's Zoom meetings, which are exhausting. The kids are on the screen so this has really taken off," she said.

Bainbridge said the puzzle industry saw sales increase by 370 per cent in May 2020 over May of last year.

"The whole COVID-19 effect of the puzzle industry has been enormous. We are definitely seeing that boost now," he said.

Puzzles appeal to a variety of people, Gall said, from children to Millennials to the older generation.

"It's just a nice way to chill and relax and actually do something physical together," she said.

The couple are proud to be Canadians and to have a product that is designed and made in Haliburton. According to their research, they're the only company that designs and produces all their puzzles in the country.

"We're really, truly the only full jigsaw puzzle design and manufacturing company



in Canada," Gall said.

Two of the world's top five jigsaw puzzle makers are in Canada, Cobble Hill Puzzle Co of Victoria, British Columbia and Eurographics of Montreal. Both companies manufacture elsewhere.

The Occurrence is about the long term, Gall said, and progress should continue into the fall and winter, when puzzles are more popular.

In business, it's all about location, and Bainbridge and Gall said they would estimate about 400 vehicles pass their location each day on the way to the Haliburton landfill.

"It's not exactly like everybody's going to the dump going, 'Oh, I'm going to get me some jigsaw puzzles,' but it's there and they came. We've had a lot of people who popped in and went, 'I was on my way to the dump and I can't believe there is a jigsaw puzzle factory," Gall said.

The location wasn't appealing to them at first, but they've since changed their minds.

"At first we were disappointed we would lose the exposure of being, say, on the highway or on main street or whatever, but, yeah, we realized we're on the way to the dump and this is perfect. We've got industrial rent with retail exposure. It's kind of great,' Bainbridge said.



Making a splash

Clare Farley enjoys a trip down the Gull River in her kayak as she paddles at the Minden Whitewater Preserve on July 9. Farley was staying at her cottage. / **DARREN LUM** Staff





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Due to the cancellation of our Midnight Madness sale

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Buckle up for the Little-Pit **Drive In**

Abbey Gardens is offering the community a night at the movies each Wednesday at sunset, starting July 22 at the Little-Pit Drive In.

The new endeavour is a way to bring people together while staying safe during the coronavirus pandemic, and for some will bring back a flood of memories from the days when drive-ins were common.

"When I was a child our parents would dress us in our PJs under our clothes, load us in the car with an enormous bag of popcorn, a pile of pillows and off we'd go," said Lesley English, coordinator of the Little-Pit Drive In. "I remember desperately trying to stay awake to see the second feature and rarely succeeding. The whole thing was less about the actual movies and more about the experience. It was a family

The drive-in bills itself as the first off-grid drive-in; it will be powered by solar and wind.

Organizers said the concept fulfills the mandate of Abbey Gardens by educating about sustainable living, while also providing a community gathering that is safe and fun.

"We have lost so many of the cultural outings that we in Haliburton are used to having in our backyard but are not able to access this summer," Barb Bolin, committee member, said. "Abbey Gardens and its partners see the Little-Pit Drive In as a safe way of inviting the community to a fun outing and the opportunity to get to know us better.'

The summer's movie lineup hasn't yet been released, but organizers said each night will offer a double feature with old and new movies of various genres. Live intermission entertainment is also being planned.

Space is limited and it's expected demand will be high, therefore the Little-Pit crew asks that you reserve tickets ahead of time at abbeygardens.ca/littlepitdrivein.

Staff



Abbey Gardens and its partners see the Little-Pit Drive In as a safe way of inviting the community to a fun outing.

- BARB BOLIN, COMMITTEE MEMBER



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2	1	8	9	5	6	4	3	7
5	9	4	3	8	7	2	6	1
3	7	6	4	1	2	8	5	9
6	3	9	2	7	8	5	1	4
7	5	1	6	9	4	3	2	8
8	4	2	5	3	1	7	9	6
9	8	5	1	4	3	6	7	2
1	6	7	8	2	5	9	4	3
4	2	3	7	6	9	1	8	5



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The Haliburton Highlands Challenge: get moving in support of people with cancer

The Abbey Retreat Centre is thrilled to announce its newest fundraising event; the Haliburton Highlands Challenge. The Haliburton Highlands Challenge is a "choose your own adventure" program that will allow participants to challenge themselves and their friends while supporting the Abbey Retreat Centre's work in support of people with cancer.

Through the months of July and August you can bike, walk, run, swim, paddle; however you choose to move, you will be helping the retreat centre as they support people with cancer. While maintaining all the important safe-distancing requirements you not only choose your activity, but where and when as well. Always wanted to bike 500 kms in one summer? Walk 100,000 steps? Swim across your favourite lake? Paddle 20 days in a row? The Haliburton Highlands Challenge is a great way to motivate yourself while helping

Abbey Retreat Centre, located just west of the village of Haliburton, is a unique facility

that supports people living with cancer, and their caregivers. Using a whole-person approach during their four-day retreats as well as online and day programs, the team focuses on overall wellbeing as an approach to living with cancer. Diet, yoga, meditation, art, and community are all important in the ARC approach.

Please join us by visiting haliburtonhighlandschallenge.com to start your Haliburton Highlands Challenge today.

Submitted by Abbey Retreat Centre





A dog's life

Bill Blakes sent in this photo of dogs Molly and Katie swimming in the Gull River. He said when he posted them to Facebook, he "had so many people asking where we were. Even friends from the U.S. are jealous of our town.'

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Gooderham transfer station may open to Snowdon residents in new year

Editor

Minden Hills will close the Irondale landfill this fall, and Irondale residents may be able to take their waste to a Gooderham site in the new year, if Highlands East council continues to move forward with an agreement to allow those residents to use the Gooderham facility.

At their July 14 council meeting, Highlands East councillors were briefed on the idea by environmental supervisor Stewart Hurd, who said the agreement would apply to residents of the former Snowdon Township in the eastern corner of Minden Hills.

"The agreement would include accommodation for the deposit of [one 40-yard] bin for residential waste and the use of existing blue box, electronics and scrap metal bins at the site," Hurd's report reads. "It is estimated that approximately 23 (70 per cent of 33) additional daily users would visit the Gooderham Transfer Station. Additional landfill attendant duties would include greeting additional visitors, checking landfill passes, inspecting waste, provide instruction(s), remove contaminants from bins and complete logbook notes."

Deputy Mayor Cec Ryall asked whether the additional usage would put pressure on Highlands East's landfill sites.

'Minden Hills will ... have a bin in place for the household

garbage and they'll take that back to their landfill and then the rest of it is shipped out. That'll be something that we'll have to come to agreement as far as cost but as far as any additional depositing of household waste, that won't be taking place at our landfills," Hurd replied.

The new arrangement would require an amendment to the municipality's environmental compliance approval and would likely take effect in the new year, if all plans go ahead. Council accepted Hurd's report for information purposes.



Minden Hills will ... have a bin in place for the household garbage and they'll take that back to their landfill and then the rest of it is shipped out.

> - STEWART HURD, HIGHLANDS EAST ENVI-**RONMENTAL SUPERVISOR**



Call for Tender

The Township of Algonquin Highlands is seeking sealed bids from qualified bidders for the supply and installation of a 48 Niche Columbarium, at St. Peter's Cemetery, 1213 St. Peter's Road, Algonquin Highlands, ON. A mandatory site meeting is required.

Closing date: August 5, 2020 at 2:00 PM

Tender and submission documents can be found at www.algonquinhighlands.ca

For further information please contact:

Dawn Newhook, Clerk Township of Algonquin Highlands 705-489-2379 ext. 333 dnewhook@algonquinhighlands.ca

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CLEANING PERSON NEEDED: Cleaning-Greeting Woman sought for Saturdays in the summer. Private cottage on Parsons Road. We are looking for a mature, experienced, reliable person. Pay is beyond excellent. Non-contact with rental guests built-in to the schedule. We correspond with guests via cell phone and written instructions. Please respond with references at sandyshores@primus.ca

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400 EMPLOYMENT OPPORTUNITY

Maliburton Highlands Family Health Team

Primary Care Nurse Practitioner – 1.0 FTE (37.5 hours per week)

The Haliburton Highlands Family Health Team is a primary health care corporation dedicated to improving the health of the residents of Haliburton County. We are looking for an innovative, skilled, client-centered, team player to fulfil the role of 1.0 FTE Nurse Practitioner.

The 1.0 FTE Nurse Practitioner will provide care to rostered patients of the Haliburton Highlands Family Health Organization, including, but not limited to; acute/episodic, periodic health exams, procedures, preventive (cancer screening). The 1.0 FTE Nurse Practitioner will also provide geriatric care of our senior population through treatment of physical, emotional, cognitive, and social needs (certification in gerontology not required, but interest and proven skills in the field would be considered an asset). Salary will commensurate with qualifications and experience. We also offer a comprehensive benefits package.

Submit an application and a detailed resume before 5:00 pm on July 17, 2020 to:

> Kimberley Robinson Haliburton Highlands Family Health Team Box 459, Haliburton, ON K0M 1S0 admin@hhfht.com Fax: 705-457-3955

We thank all who apply, but only those granted an interview will be contacted

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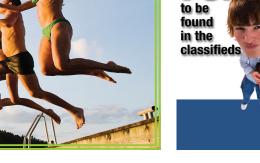


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560 ANNOUNCEMENTS

ANNUAL GENERAL MEETING **Tuesday, July 28, 2020** 4:30 P.M.

Meeting Agenda to include Auditor's Report, Election of Directors, Appointment of Auditor

Due to the limitations on public gatherings mandated by the government of Ontario as a result of the COVID-19 global pandemic, this meeting will be held as a virtual meeting via ZOOM. In order to participate, members of the public who wish to attend will require an invitation which will provide information on how to participate.

For further information or to request an invitation, please contact:

Linda Kay

Office Coordinator, SIRCH Community Services

Phone: 705-457-1742 Email: info@sirch.on.ca



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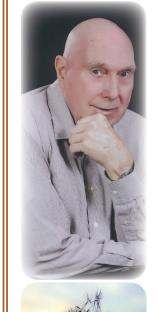




650 OBITUARIES

650 OBITUARIES

650 OBITUARIES



Moffat, Thomas Wilson

Passed away on Friday, July 10, 2020, in his 80th year.

Loved father of Doug Moffat (Karen) and Bonnie Roberts (Jody). Cherished grandfather of Kaitlyn, Megan, Rebecca, Stacey (Mark) and Andrew. Predeceased by his parents Thomas and Mabel Moffat and by his siblings Marilee Farraway (Edward) and Robert Moffat.

Private cremation and interment at Queen's Lawn Cemetery has taken place.

If desired, memorial contributions to the Arthritis Society or Cancer Society would be sincerely appreciated by the family. Arrangements entrusted to STONEHOUSE-WHITCOMB FUNERAL HOME, GRIMSBY, 905-945-2755. www.smithsfh.com

650 OBITUARIES

In Loving Memory of

Keith Osmond Oitment September 17, 1949 - July 10, 2020

The family announces with sorrow the sudden passing of Keith Oitment at Peterborough Regional Health Centre on July 10, 2020.

Son of the late Archie & Dora Oitment, and brother of Joan Kay. Most cherished husband and partner of Sheila Woodcroft of 21 years. Loving father of Jennifer (Jake),

Geoff (Julianna), Greg and Carrie (Jamie). He will be greatly missed by his grandchildren, Bethany, Ainsley, Isaac, Gabriella and Lucas. Keith will be remembered by mother in-law Patricia and her husband the late Jack Woodcroft, by his brothers in-law Geoff and David and by his sister in-law Elizabeth. Keith was a very loyal member of the Masonic Lodge. He loved his Bluegrass music and you could always find him ready to play a tune.

In keeping with Keith's wishes, cremation has taken place. An Interment will be held at St. George the Martyr Cemetery, in Apsley alongside his parents at a later date.

Memorial Donations to the St. George the Martyr Church, Apsley would be appreciated by the family and can be arranged through the Gordon A. Monk Funeral Home Ltd., P.O. Box 427, Minden, Ontario K0M 2K0



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Operation Perma-Frost invites everyone to join Monday's protest rally in Queens Park



Fight continues

The Highlands community prepares for war as it fights for Frost's survival. See letters pages



Wooden showboats

Saturday's wooden boat parade in Dorset was a thing of beauty.



Bright jewels

All that glitters is not gold but in the case of Erin Lynch's jewellery, it's pretty. See page 15



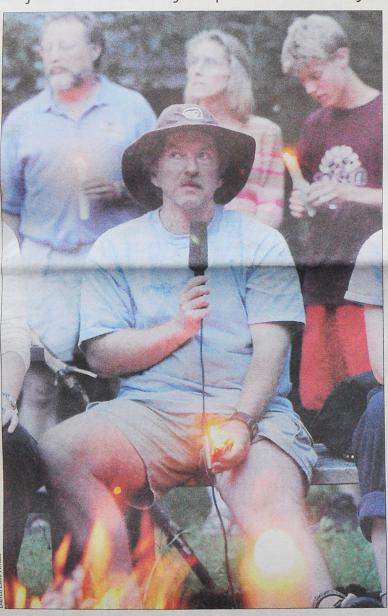
Perfect

Ice cream, warm weather and music by the Gull River. Can you say perfect? See page 24

In Quotes

"The McGuinty Liberals should think black, burning shame of themselves.... if we are lucky, the McGuinty Liberals will be a one-term

> Bill & Susan Beers. letter on page 12



John Etches, a well-known geologist who worked at the Frost Centre for most of his career, was visibly distraught at a candlelight vigil held at the centre Tuesday evening. He and many others (including fellow employee Barrie Martin, standing behind him) spoke into a microphone about the provincial government's decision to close the Frost. The vigil was recorded by Haliburton-area videographer George Farrell. by CATHY OLLIFFE

Operation Perma-Frost is heading to Queens Park and everyone's invited along for the ride

The people who have been working to save the Leslie M. Frost Centre have nicknamed their campaign "Operation Perma-Frost" and have hired two buses to take Highlanders down to Queens Park Monday July 19 for a protest rally.

Anyone who wants to participate is welcome on board and if more buses are required, more buses will be hired. The one bus, a coach, is being donated by R&L Charters of Bancroft and being driven, at no charge, by Andy Hughes.

The bus leaves Haliburton's town dock at 7 a.m. and then heads to Minden, where it will pick up more people at the municipal parking lot

see ORGANIZATIONS page 2

Ramsay wouldn't budge on decision to close Frost

by SHERYL LOUCKS

The good news is that Ontario Premier Dalton McGuinty heard enough protests about the closure of the Leslie M. Frost Natural Resources Centre to order his Minister of Natural Resources David Ramsay to meet with local politicians.

The bad news is that he did not tell Ramsay to work out a solution to save the Frost.

MPP Laurie Scott, Algonquin Highlands Reeve Eleanor Harrison, Muskoka District Councillor Ben Boivin and Haliburton County Warden Bill Davis met with Ramsay in Toronto on July 13. The meeting was an exercise in frustration. Davis and Scott say Ramsay made it clear that he was not interested in hearing proposed solutions for making the Frost economically viable and had zero interest in extending the closure deadline.

"He mentioned he was surprised at the media attention this has gotten so far. I made it clear it was not about to stop either. But his attitude was that he'd withstood the fire so far and he wasn't concerned," says Scott.

She says Ramsay told them he does not want

see LOCAL page 2



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